

SUMMARY

FAST provides thumb, or hand, support to relieve arm stress and strain. By keeping hands elevated so as to increase natural frequency of pendulum arm motion while running, FAST reduces effort required to swing arms. It also ensures that strides are not limited by slow arm movement. Reduced arm-swing effort translates to incremental energy savings and reserves for long races like marathons. FAST tether support on the thumbs of a world-class athlete potentially can produce personal or world records.

CLAIMS

I claim:

1. A Fast Arm-Swing Tether system comprising a frontal protrusion means and tether means; with said frontal protrusion means worn by an athlete; with the frontal protrusion means effective in providing in front of said athlete rigid support for hanging said tether means; and with the tether means effective in supporting the athlete's hands so as to enhance hand pendulum motion.